

Jenny Biglands

Counselling information

Thank you for your interest in beginning counselling with me. There are a few things that are helpful for me to share with you as you consider whether to take the next step towards working together.

Firstly, I am a fully qualified and insured counsellor and a registered accredited member of the National counselling and psychotherapy society (NCPS). This means that I have committed to work ethically and with care within the guidelines set by the NCPS. I have regular supervision for my work and engage with ongoing training and learning. I also have an enhanced DBS.

Model of counselling

I am an integrative counsellor which means that I have training and experience of working with several different models of counselling. These approaches help provide a rich resource that can be used to bring understanding and facilitate change within the counselling work.

Who I work with

Whilst this is by no means a complete list, I work with individuals struggling with experiences such as anxiety, stress, depression, and anger. I work with those working through loss and difficult relationships as well as those faced with transitions within life, work and faith/religion and identity.

Areas that I do not currently work with include personality and eating disorders, addiction and those who are feeling they are in crisis (please see section below).

If you decide to get in touch to explore the option of working together, we will talk through what the main issues are that you are seeking support with. This is to check that I feel I can offer you the right level of support and that I am the right fit for you with regards to my way of working.

Please also note that I currently only work with individuals registered with a GP and will require these details when beginning counselling.

For those in crisis

Counselling is an intervention that can support people with real difficulties however if you are in crisis and are feeling at immediate risk of suicide or self-harm, please seek crisis support and consider contacting your local A&E and asking to speak to a member of the crisis team, or ringing the Samaritans on 116 123 or Text SHOUT to 85258.

Ways of working

I work in-person and online (live video sessions). Whilst there are many similarities between these different ways of working, they all have their unique benefits and considerations. I have therefore outlined below some of the things to think through when deciding which modality might fit best with you.

In-person counselling

I currently work at Victoria Therapy Centre in Saltaire, which provides high-quality rooms for counselling. Some people prefer working in-person as it provides a confidential and secure space away from home. It also means that you do not need to interface with technology to access the support.

Online video counselling

I work online using a secure server. This provides a safe link for people to access a live video call without having to download any specific software or apps. This platform may work well for people as it can be accessed from a location convenient for you, however it does require good internet access and a space you can be in that is private where you will not be interrupted during the session.

If you have any questions regarding the content of this document, or would like further information, please contact me at: jennybiglands@proton.me